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second face adapted to face toward an undergarment of the wearer, a main pad body thickness being defined as the dimension of the main pad body from the first face to the opposing second face, said main pad body adapted to be worn in close proximity to the vagina of the wearer;

said absorbent core being adapted to not significantly extend beyond the anterior portion of the perineum of the wearer in use;

said feminine hygiene pad further comprising a strip, said strip being substantially planar and relatively small in thickness compared to the main pad body thickness, and said strip extending rearwardly from said rear end of the main pad body, terminating at a distal end and having a length as measured from said rear end of the main pad body to the distal end;

wherein said feminine hygiene pad being configured such that said strip is adapted to be received between the buttocks of the wearer to thereby facilitate retaining said main pad body adjacent to the wearer's vagina; and

said feminine hygiene pad further comprising an adjustment means whereby the length of said strip is adjustable by the wearer, wherein said strip is less than 1 cm in thickness.